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SUPERHERO WORKOUT ISN'T ALL ABOUT PUMPING IRON

THE MAN WHO HELPED ROBERT DOWNEY JR. GET FIT SINGS THE PRAISES OF FUNCTIONAL PERFORMANCE TRAINING PAGE 17

Liberals banking on vow for debt-free B.C.

Full election platform proposes balanced budgets, strict spending and royalties on liquefied natural gas to pay down what province owes PAGE 3

Leave it to beaver to find a home: Biologist

Wood-munching rodent has wandered into Olympic Village, but officials are leaving it alone and hope others do the same till it finds a better place to live PAGE 5

Vancouverites witness chaos after bomb blasts

Reactions. Locals escape unscathed to see aftermath of explosions at Boston Marathon unfold

KATE WEBB
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Lower Mainlanders in Boston for one of the world's most famous marathons scrambled for safety alongside thousands of others on Monday after two explosions went off at the finish line, killing at least three and injuring at least 144.

The aftermath was described as a sea of chaos as runners and spectators searched for loved ones at the scene, which was splattered with blood and shattered glass.

First responders struggled to pull the injured from the smoke-shrouded wreckage, many of whom were missing limbs.

There were 232 runners from B.C. registered in the race, and about 56 had yet to finish, or at least clock finish times, when the bombs went off.

Vancouver's Mike Jagger was there with his wife, her parents and his sister-in-law to watch his brother-in-law, who finished the race about an hour before the bombs detonated at 2:50 p.m. Boston time.

"It's such a tragedy," he told Metro via phone from his room in a Westin hotel, just a block from the finish line.

"It was such a great day. We'd been out there all morning on the streets. It's a great race; everyone's cheering for everybody — and then this is sort of an insane ending to an otherwise amazing event."

Jagger said within minutes of the explosions, which he at first mistook for a motorcycle backfiring, his phone started chiming and buzzing with texts and tweets from concerned friends and family.

His hotel was completely locked down by SWAT teams carrying machine guns, as was the nearby Marriott hotel, where his in-laws were staying. Later he shared an elevator with Massachusetts Gov. Deval Patrick, who was on his way to a press conference on another floor of the hotel.

"It's definitely surreal watching the news, looking out the window, seeing it happen in real time and then watching the press conference that's happening in the same hotel, and then not being able to go anywhere."

Team 1040 morning-show host Scott Rintoul completed the race in the morning and also escaped unscathed.

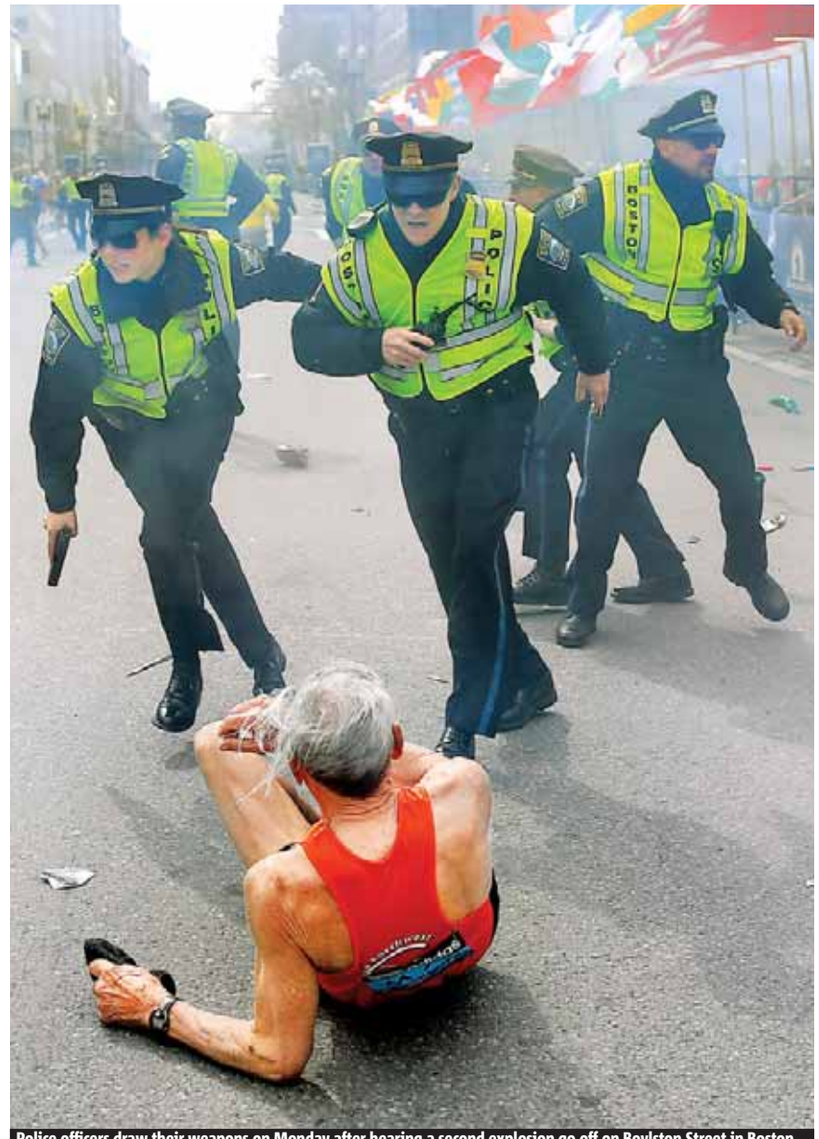
"Just a horrible, horrible incident here in Boston," he told his radio station, phoning in from his hotel room a few blocks away from the finish line.

Vancouver's Robin Watson finished 11th among the top finishers at a time of 2:15:33. Athletics Canada confirmed that he and his brother, who is his coach, were at their hotel when the disaster struck.

Some 27,000 runners, including more than 2,000 Canadians, took part in the 42-kilometre race.

WITH FILES FROM THE CANADIAN PRESS, CAM TUCKER, EMILY JACKSON AND JEFF HODSON

Follow Kate Webb on Twitter @MetroK8



Police officers draw their weapons on Monday after hearing a second explosion go off on Boylston Street in Boston during the 117th Boston Marathon. The first explosion went off 10 seconds earlier. More coverage on page 10 and at metronews.ca. JOHN TLUMACKI/THE BOSTON GLOBE VIA GETTY IMAGES

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Premier Christy Clark boards her campaign bus after unveiling the B.C. Liberal party election platform in Vancouver on Monday. DARRYL DYCK/THE CANADIAN PRESS

Liberals promise to make B.C. debt-free

Full election platform. Christy Clark aims to rein in government spending if she is elected

MATT KIELTYKA
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There's a new buzzword in town — but not everyone is buying in.

The B.C. Liberals released their full election platform Monday, pledging over and over to make B.C. "debt-free" through balanced budgets, liquefied-natural-gas royalties and controlled spending.

The conservative measures will see B.C. freeze carbon and income taxes for five years, cap government-spending increases, cut the small-business tax by 40 per cent and use half of any surpluses to pay down the provincial debt.

Premier Christy Clark also announced that the planned Prosperity Fund for future LNG revenues would be used exclusively to pay down provincial debt — estimated at $62.7 billion in the 2013 budget.

"These are the things that put us on the path to a debt-free B.C.," said Clark. "Controlling government spending is surely the most important thing we can do to protect B.C. families, because that means we can hold the line on taxes and put more money in everyone's pockets."

There are few shiny spending announcements contained within the 72-page platform, with Clark insisting her government is building upon existing jobs and economic initiatives.

"Everything we've done, rather than being a departure from that plan, has been building on it," she said. "I suppose the NDP alternative would be to jump from idea to idea. That is not how you build a strong and secure economy."

The NDP, meanwhile, warned the public not to buy into Liberal promises — adding the party has added $27 billion in debt since taking power.

"This election will be about trust and the Liberal record speaks for itself," said NDP platform co-chair Carole James.

James said the Liberal platform echoes promises in its 2009 platform — and what voters unexpectedly got "was the HST brought in and a ballooning deficit."

The NDP, having laid out their fiscal plan earlier in the week, will begin rolling out its platform starting Wednesday.

More online

Read full platform at bcliberals.com

Platform highlights

Other highlights from the Liberal platform:

- Create liquefied-natural-gas ministry.
- Hold referendum on new revenue sources for TransLink.
- Reduce Corporate Income Tax to 10% by 2018.
- Double hospice beds, train more doctors and add 500 addiction treatment spaces.

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Congestion relief. ER wait times posted online for 5 Metro Vancouver hospitals

Five local hospitals have a new tool for those tired of waiting hours in the emergency room without any end in sight.

Potential patients can now see live emergency-room wait times online or on their smartphones in a bid to reduce congestion in emergency rooms.

Vancouver Coastal Health and Providence Health Care teamed up to create the online dashboard, www.edwaittimes.ca, which shows real-time waits at Vancouver General, St. Paul's, Mount Saint Joseph, Lions Gate and Richmond hospitals.

"We originally developed the dashboard as a way for emergency-department staff and paramedics to smooth out emergency-department volumes and improve patient flow," Dr. Eric Grafstein, emergency-department physician at St. Paul's Hospital, said in a statement.

"Staff can see which emergency departments have capacity and then direct patients accordingly, which leads to a much more efficient use of hospital resources and a way to help relieve congestion."

But for those with serious injuries, don't bother checking online — call 911 or head straight to the hospital if you have chest pain, severe bleeding or are at risk of stroke.

"It should never replace common sense when a person is experiencing a medical emergency, nor should it be used as a deciding factor whether or not to seek medical attention," VCH spokeswoman Viola Kaminski said in a statement.

EMILY JACKSON/METRO

Outside the Teck Emergency Centre at St. Paul's Hospital in downtown Vancouver on Monday. ERIC DREGER/THE CANADIAN PRESS

Ex-TV reporter appeals sentence for sex assault

Ron Bencze case. Defence lawyer says judge erred by failing to hear further submissions before imposing 4-year jail term for abuse of boy

NEAL HALL
The Canadian Press
exclusively for Metro

A former TV reporter is appealing his four-year jail sentence imposed last year for the sex assault of a young boy.

Ron Bencze, 45, pleaded guilty to one count of sex assault and was handed a sentence higher than both the Crown and defence had recommended.

Bencze's lawyer argued Monday in the B.C. Court of Appeal that the sentencing judge erred by failing to hear further submissions from the Crown and defence before imposing the four-year term.

The Crown had asked for a prison sentence of two to three years while the defence wanted a conditional sentence — two years of house arrest or less.

Defence lawyers Kathleen Bradley and Eric Gottardi also argued that the sentencing judge didn't need to impose a 20-year ban on Bencze attending parks, schools, playgrounds, community centres and daycare centres.

Defence lawyer Eric Gottardi speaks to reporters outside the Vancouver Law Courts on Monday. NEAL HALL/THE CANADIAN PRESS

Gottardi pointed out that an expert forensic psychiatrist found Bencze was not a pedophile, had no mental illness and was a low risk to re-offend.

"There is no need to protect children generally," the defence lawyer said of the 20-year prohibition order.

"This wasn't a fit sentence for this particular offender," he added.

"Low risk is not no risk," Appeal Court Justice Jo-Ann Prowse pointed out. "It's still some kind of risk."

Gottardi argued the sentencing judge misunderstood the psychiatric report on Bencze, leaving in an improper result.

Ron Bencze METRO FILE

A ban on publication has been imposed on the name and identity of the boy who was sexually abused by Bencze.

The boy is now a teenager but was in Grade 3 when Bencze first had contact with him in 2003.

At the time Bencze was arrested, he was married with three children.

Bencze was fired from his reporter job at Global TV after he was arrested and charged.

Three judges of the B.C. Appeal Court are expected to reserve judgement after hearing the legal arguments of Crown and defence.

Olympic Village swimming with beaver fever

Territorial. Not odd to see beavers pop up in urban settings during spring: Biologist

KATE WEBB
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There are still lots of empty condos in southeast False Creek, but the Olympic Village has at least one new resident — a large amphibious rodent who adorns our nickels and goes by the formal name Castor Canadensis.

The Twitterverse lit up with beaver fever over the weekend after several photos and a video confirmed the wood-loving critter was cruising around in a canal flowing from a zero-waste water-treatment plant.

Robyn Worcester, a biologist with the Stanley Park Ecology Society, said beavers are territorial and often pop up in urban environments in early spring after being booted from the family dam.

"Young beavers are pushed out of their natal pond and they go into the river that's downstream from the pond," she explained.

"They end up being pushed down and down until a lot of them end up in the Fraser (River), and get washed out into the Georgia Strait and they have to find their way to fresh water as soon as possible, so some of them turn right and end up in Vancouver and so they turn up at Jericho and Spanish Banks and Second Beach and False Creek."

The canal in Hinge Park is fresh water, but is also occasionally inundated with salt water, which isn't great for beavers, Worcester said. Those that try to survive in the ocean start to feel sick and can become malnourished.

She said that in order to thrive and build a dam of their own they also need trees, which are in short supply in the newly constructed Olympic Village.

And she has another worry.

"I'm also concerned that it's a dog area and a child playground area. It's really not a suitable area for a large rodent to be walking around, so I hope it stays in the water and doesn't get injured, because we have dogs attack wildlife all the time in Stanley Park when they're off-leash."

A beaver has been spotted living among the reeds in the Olympic Village.
JB MACKINNON/TWITTER.COM

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NDP pledges funding to boost forest industry and jobs

New Democrat Leader Adrian Dix has released a multimillion dollar election plan that he believes will help grow and improve B.C.'s forest industry, but critics say the proposal makes promises that will be hard to keep.

In Prince George Monday, Dix announced the five-point forestry plan that would see $310 million invested in the industry over five years if his party wins the election in May.

The NDP leader announced his government would invest in skills training, to improve forest health, to expand global markets for B.C. lumber and to cut raw log exports, while it reinstates a jobs protection commissioner.

"Skills training is really the principle focus of our economic plan, to ensure young people have the skills they need for the jobs of the future," Dix said.

The BC Liberal Party immediately criticized the plan, saying it lacks policy details.

"After months of delay, I think British Columbians were expecting more," said Forest Minister Steve Thomson in a news release.

George Hoberg, a forest policy expert at the University of British Columbia, said Dix's promise to reduce raw log exports will be hard to keep.

"Raw logs are always something that politicians talk about, but it's actually very hard to deliver in terms of either policy or real change in the industry," Hoberg said.

"Our comparative advantage is in raw resource material or in commodities, not in more labour-intensive value-added production," he said.

The NDP's commitment to improve forest health includes an emphasis on increasing the province's research capacity, updating forest inventories and doubling the number of seedlings planted annually.

Hoberg said he is impressed with the plan's focus on forest health.

"The biggest challenge that we face in forestry is renewing the forest that has been disseminated by the mountain pine beetle and the Liberals have not been particularly effective at investing resources on that," Hoberg said.

THE CANADIAN PRESS

Helicopter crash. One U.S. man dies, but pilot, four passengers escape

A man from the United States has been killed in a helicopter crash on the B.C. coast north of Powell River.

RCMP say the helicopter, carrying the pilot and five passengers, including four U.S. residents, went down Saturday evening near Bute Inlet.

The chopper crashed shortly after takeoff, overturned and sank in the Homathco River.

The 68-year-old pilot and a 44-year-old man, both from Gold River, escaped along with a 63-year-old U.S. woman and two U.S. men aged 37 and 71. A 48-year-old American man was trapped in the wreckage and police say efforts to recover his body resume Monday.

One of the survivors remains in a Victoria-area hospital but the other four, including the pilot, have been released after treatment.

Police say there are no indications of criminal involvement in the crash and the Transportation Safety Board and coroner are investigating.

THE CANADIAN PRESS

Coquitlam. Thousands of litres of sewage flow into creek after pipe breaks

A broken sewage pipe has contaminated a fish-bearing stream in Coquitlam, prompting a demand for immediate federal cash to upgrade aging pipes and other infrastructure.

Mayor Richard Stewart says there's still no word how much sewage poured into Scott Creek, a tributary of the Coquitlam River, but he says the broken pipe carries one million litres daily, so officials know the spill is significant.

He says crews from the Ministry of Environment and Fraser Health were at the scene, in Coquitlam's northwest corner, on the weekend to ensure the public is not at risk.

Stewart agrees it's impossible to prevent every burst pipe, but he says the federal government is behind schedule when it comes to planning, implementing and funding upgrades.

He says infrastructure, nationwide, is nearing the end of its life and replacements should be accelerated.

He worries that some Canadian communities can't afford infrastructure upgrades, potentially resulting in more leaks.

THE CANADIAN PRESS

Health

B.C. enacts legislation to allow LPN's to join the B.C. Nurses Union

The two major nursing groups in B.C. are now under a single union umbrella.

Health Minister Margaret MacDiarmid says the Liberal government has enacted legislation to allow licensed practical nurses to join registered nurses within the B.C. Nurses Union. A majority of licensed practical nurses voted last year to leave other unions to join the B.C. Nurses Union.

MacDiarmid says while the legislation takes effect immediately, there will be an adjustment period over the next year so amendments can be made to the contracts covering LPNs to bring them more in line with the B.C. Nurses Union contract. THE CANADIAN PRESS

Earthquakes Canada

Rumble felt off coast of Haida Gwaii one of 'thousands': Seismologist

Those who felt a little rumble Sunday afternoon on Haida Gwaii weren't dreaming — there was a 4.5-magnitude earthquake off B.C.'s west coast.

John Cassidy of Earthquakes Canada says the relatively small quake occurred just after 3 p.m.

It's one of thousands of aftershocks that have been occurring since a 7.7-magnitude quake hit the region last fall. The seismologist says he's received a couple of reports that the quake was lightly felt in Skidegate and the Village of Queen Charlotte, but most people went about their day without disruption. The quake struck about 91 kilometres west of Queen Charlotte City. THE CANADIAN PRESS

Abhishek Bachchan and Aishwarya Rai Bachchan arrive at the Times of India Film Awards gala in Vancouver on April 7. JENNIFER GAUTHIER/METRO FILE

B.C.'s Bollywood awards praised

Times of India. Good reviews arriving ahead of broadcast

EMILY JACKSON
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It remains to be seen how many people will actually watch the first Times of India Film Awards, but its title sponsor seems pretty pleased with the taxpayer-subsidized event as organizers release preliminary numbers regarding its success.

"When we began this process we were hopeful for a successful event which would more tightly bind our two nations and their business communities," Times of India COO Sameer Soni said in a statement thanking B.C. for the "amazing" time.

"The result has far exceeded our expectations, and as we return to India we wish to thank the people of British Columbia for their hospitality — we look forward to returning for future business very soon."

Soni's business-friendly tone complements B.C. Premier Christy Clark's insistence that the event — hosted and promoted with $11 million from the province — attracted enough attention to bring economic benefits in terms of tourism and business.

Projected viewers

400M

Organizers estimate 400 million people will watch the first Times of India Film Awards when they're broadcast later this spring.

Organizers estimate 400 million people will watch the awards when they're broadcast later this spring.

The three-day glitzy affair directly and indirectly employed 6,000 people in B.C., according to organizers. Twenty-four local corporations including security, catering and tech support were contracted for TOIFA and 3,000 hotel rooms were booked for the event.

Bollywood stars Shah Rukh Khan, Ranbir Kapoor, Katrina Kaif and Priyanka Chopra were in town for the celebrations, much to the loudly expressed delight of thousands of local fans.

B.C. party leaders grilled in burger poll

As British Columbia prepares for Tuesday's launch of the provincial election campaign, voters may want to hold party policies to the fire — and they can, in New Westminster.

Burger Heaven, a burger restaurant in that Vancouver suburb, has sparked the flames of its traditional hamburger poll, offering unofficial ratings of each provincial party leader.

The unscientific poll must be taken with more than a few grains of salt, but chef Chris Geib says it should produce chuckles for patrons who closely follow B.C. politics.

He describes the Christy Clark burger as lean-to-the-right Grade A beef, cooked over a hot political fire with unique fixings including "a little slab of Point Grey poupon mustard, cheese, a little special CC sauce."

The Adrian Dix burger features an NDP, or what Geib describes as a "nicely done patty," along with a little lean-to-the-left Grade A beef, gaining ground on the front-left burner, and including a slice of red tomato.

Expenses for the John Cummins burger are scrutinized to ensure fiscal accountability, and Geib says the sandwich is topped with a conservative slab of Delta cheddar cheese, while the Jane Sterk burger is served up with a slice of organically-grown green tomato and green lettuce. THE CANADIAN PRESS

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Tory attack ads 'expose' Trudeau

'In over his head.' Political experts claim Conservative campaign featuring revealing footage is misleading

Justin Trudeau makes his way to question period in Ottawa on Monday. New Conservative attack ads show the newly elected Liberal leader taking his clothes off at a charity event. ADRIAN WYLD/THE CANADIAN PRESS

Day 1 for new Liberal leader Justin Trudeau featured three questions to the Prime Minister, two controversial Conservative attack videos and a 25-minute encounter with a huge swarm of Parliament Hill reporters.

Though Prime Minister Stephen Harper and many of his cabinet ministers extended congratulations to the new Liberal leader, the Conservative party welcomed him with two mocking attacks on YouTube, accompanied by an anti-Trudeau website and a Facebook page, as well.

Trudeau shrugged off the attacks as predictable, but the Canadian Liver Foundation issued a condemnation, since the Conservatives used footage from a Trudeau appearance at one of its charity's events in 2011.

In that ad, aired on Monday morning, the Conservatives took aim at Trudeau's experience, suggesting the 41-year-old was in "over his head." Trudeau is shown removing his shirt at the fundraising benefit in 2011, during which he raised nearly $2,000 for the foundation.

Another video talks up Harper's economic record while poking fun at Trudeau's past jobs as a camp counsellor, rafting instructor and drama teacher, adding, "and now he thinks he can run Canada's economy."

"What I've heard from Canadians across this country," Trudeau told reporters at a post-question-period scrum, "about people being tired of negativity, of bullying, of cynicism, means that the Conservatives are going to discover that the one thing they know how to do really well is no longer working for them."

TORSTAR NEWS SERVICE

Smoke and mirrors?

Jonathan Rose, a political-science professor at Queen's University, flagged quotes about Quebec, which were taken from an interview Trudeau gave to CTV in 1999.

- "Quebecers are better than the rest of Canada, because, you know, we're Quebecers or whatever," a young Trudeau is shown as saying. The narrator describes the comment as a display of poor judgment.
- The full CTV segment, a link to which quickly circulated online Monday, suggests Trudeau was actually talking about his father.

THE CANADIAN PRESS

Bullying suicide. Nova Scotia to launch review of Rehtaeh Parsons case

The Nova Scotia government will launch an independent review of the RCMP's original investigation into the Rehtaeh Parsons case, Premier Darrell Dexter said Monday after a week of public pressure and international attention on the teen's death.

But Dexter said the review won't proceed until the Mounties conclude their current criminal investigation into the alleged sexual assault of the 17-year-old girl.

"While there is an ongoing investigation, one has to be cognizant of the fact that there are certain legal requirements that have to be observed," Dexter said.

"The important thing is that it will be comprehensive and it will be fully independent."

The RCMP announced Friday that it was reopening its investigation into the alleged sexual assault after receiving new and credible information from a source who was willing to work with them.

THE CANADIAN PRESS

Ashley Smith inquest

Choking herself made teen 'feel good': Testimony

In her testimony at an inquest into Ashley Smith's prison death, psychologist Cindy Presse told jurors that Smith became highly addicted to choking herself.

"She was quick to say, 'It's not sexual, Cindy,'" Presse testified. "She said it just made her feel good."

Presse also told jurors that Coralee Smith, Ashley Smith's adoptive mother, refused to talk about her adopted daughter's parentage. THE CANADIAN PRESS

Defence asks for stay

Mother accused of strangling daughter too ill for trial: Doctor

A Calgary woman facing a retrial for allegedly strangling her teenage daughter has incurable cancer and would likely be unable to withstand another trial, her doctor testified Monday.

Aset Magomadova was initially charged with the murder of her daughter Aminat in 2007, after the girl was choked to death with a scarf.

THE CANADIAN PRESS

East Jerusalem meeting.
Palestinians protest Baird's 'deplorable step'

Palestinian anger over Foreign Affairs Minister John Baird's controversial meeting with an Israeli cabinet minister in East Jerusalem mounted Sunday with the Palestinian Authority making a formal protest to the Canadian envoy.

Baird met last Tuesday with Justice Minister Tzipi Livni, who is also Israel's chief negotiator with the Palestinians, in the disputed territory, which the Palestinians and the United Nations consider occupied land.

The Palestinian Foreign Ministry said it summoned Katherine Verrier-Frechette on Sunday "to express its strong dissatisfaction" over the meeting.

The Palestinian official in charge of American affairs, Hosni Abdul Wahid, called Baird's meeting "a deplorable step."

Baird has defended his action, saying where he has coffee with someone is "irrelevant" to the larger discussion of Middle East peace and does not signal a shift in Canadian foreign policy. THE CANADIAN PRESS

Syria

U.K. urges chemical weapons probe

The U.K. is increasingly concerned there is evidence that chemical weapons have been used in Syria, Britain's foreign secretary said Monday.

William Hague said such allegations must be urgently investigated, telling British lawmakers that he is urging President Bashar Assad's Syrian regime to co-operate fully and allow UN investigators unfettered access to all areas.

The United Nations says more than 70,000 people have been killed in Syria's two-year civil war and over one million have fled the country. THE ASSOCIATED PRESS

Chinese vessel's crew face poaching charges

Philippines. 10,000 kg of protected scaly anteater seized aboard boat that hit coral reef

A Chinese vessel that ran into a protected coral reef in the southwestern Philippines held evidence of even more environmental destruction inside: More than 10,000 kilograms of meat from a protected species, the pangolin or scaly anteater.

The steel-hulled vessel hit an atoll on April 8 at the Tubbataha National Marine Park, a UNESCO-designated World Heritage Site on Palawan island. Coast guard spokesman Lt. Cmdr. Armand Balilo said Monday that 400 boxes, each containing 25 to 30 kilograms of frozen pangolins, were discovered during a second inspection of the boat Saturday.

The World Wide Fund for Nature Philippines said the Chinese vessel F/N Min Long Yu could have been carrying up to 2,000 of the toothless, insect-eating animals, with their scales already removed.

"It is bad enough that the Chinese have illegally entered our seas, navigated without boat papers and crashed recklessly into a national marine park and World Heritage Site," said WWF-Philippines chief executive officer Jose Ma. Lorenzo Tan. "It is simply deplorable that they appear to be posing as fishermen to trade in illegal wildlife."

The boat's 12 Chinese crewmen are being detained on charges of poaching and attempted bribery while more charges are pending.

The meat and scales of the pangolin fetch hundreds of dollars per kilogram in China, where many believe they cure various ailments.

THE ASSOCIATED PRESS

An officer of the Philippines Coast Guard displays just one of the pangolins seized aboard a Chinese fishing vessel. THE ASSOCIATED PRESS

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Blood on the pavement

Boston Marathon bombing. White House treating carnage as an act of terror, official says

Two bombs exploded in the packed streets near the finish line of the Boston Marathon on Monday, killing at least three people and injuring more than 140 in a terrifying scene of shattered glass, bloodstained pavement and severed limbs at the world's most prestigious marathon, authorities said.

An eight-year-old boy was among the dead, according to a person who talked to a friend of the family and spoke on condition of anonymity.

A senior U.S. intelligence official said two other bombs were found near the end of the course in what appeared to be a co-ordinated attack.

As the FBI took charge of the investigation Monday night, authorities shed no light on a motive or who may have carried out the bombings, and police said they had no suspects in custody.

WBZ-TV reported that officers were searching an apartment in the Boston suburb of Revere. Police confirmed that a search warrant related to the explosions was served there.

The fiery twin blasts took place almost simultaneously and about 100 metres apart.

"They just started bringing people in with no limbs," said runner Tim Davey of Richmond, Va. He said he and his wife, Lisa, tried to keep their children's eyes shielded from the gore inside a medical tent, but "they saw a lot."

"They just kept filling up with more and more casualties," Lisa Davey said.

Of the dozens wounded, hospitals reported at least 17 were critically injured.

A few miles away from the finish line, a fire broke out at the John F. Kennedy Library. Police said that it may have been caused by an incendiary device but that it was not clear whether it was related to the bombings. **THE ASSOCIATED PRESS**

Emergency workers on site for the marathon tore down temporary fences, scrambling to get to the blast site. DAVID L. RYAN/THE BOSTON GLOBE/THE ASSOCIATED PRESS

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The wounded

Hospitals thrown into panic mode

Dr. Alasdair Conn said Massachusetts General Hospital was treating 22 patients Monday night. Six of them were in surgery for critical injuries. At least four victims had "traumatic amputations."

Of the six critical victims, five were unidentified, he said.

The hospital enacted its disaster plan, calling in all available staff and cancelling all elective surgeries.

Boston Medical Center had received 20 patients, including two children, most of whom received injuries to their lower legs.

Brigham and Women's Hospital reportedly had 26 patients, including a three-year-old.

JILL GADSBY/METRO WORLD NEWS IN BOSTON

Learn more

For up-to-the-minute news on the marathon bombing, head to metronews.ca

Morbid mischief

52K

A fake Boston Marathon twitter account promised to donate $1 to the victims for every retweet. The account was retweeted 52,173 times before being suspended. **METRO WORLD NEWS IN BOSTON**

Nearing the end

"I was getting ready to finish when I heard a bang. The headphones were on, the euphoria was setting in and then I just got a ghastly feeling that something was wrong."

Peregrine Hood, a runner from the U.K. **METRO WORLD NEWS IN BOSTON**

President reacts

Obama vows justice

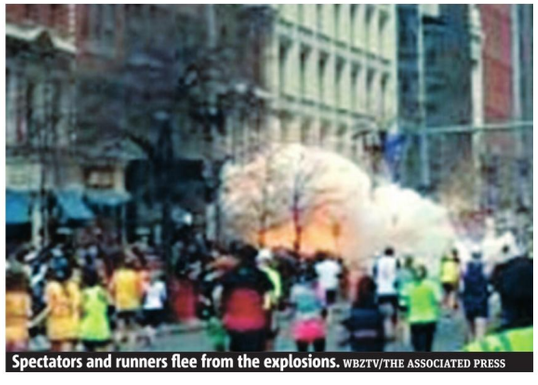
U.S. President Barack Obama said the country does not know "who did this or why" but vowed that those responsible "will feel the full weight of justice."

He added: "We will find out who did this and ... hold them accountable." **THE ASSOCIATED PRESS**

Total runners

23K

Some 23,000 runners, including 2,000 Canadians, took part. **THE ASSOCIATED PRESS**



Spectators and runners flee from the explosions. WBZTV/THE ASSOCIATED PRESS

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Kansas City, $23,000
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SOLD $159k

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Las Vegas, Bought $133k
Rents for $1,500

Michigan, Bought
Under $5,000

Daytona Beach, Bought
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U.S. justices wary of gene patenting

Medical research. Company argues DNA they isolated is 'markedly different' from that found in the body

The U.S. Supreme Court seemed worried Monday about the idea of companies patenting genes that can be found inside the human body, as it heard arguments in a case that could profoundly reshape medical research and the fight against diseases like breast and ovarian cancer.

The U.S. Patent and Trademark Office has been awarding patents on human genes for almost 30 years, but opponents of Myriad Genetics Inc.'s patents on two genes linked to increased risk of breast and ovarian cancer say patent protection should not be given to something that can be found inside the human body.

"Finding a new use for a product of nature, if you don't change the product of nature, is not patentable. If I find a new way of taking gold and making earrings out of it, that doesn't entitle me to a patent on gold. If I find a new way of using lead, it doesn't entitle me to a patent on lead," lawyer Christopher Hansen said.

Recipe for a slippery slope?

"I can't imagine getting a patent simply on the basic items of salt, flour and eggs, simply because I've created a new use or a new product from those ingredients."

Justice Sonia Sotomayor

Allowing companies like Myriad to patent human genes will slow down or cripple medical research like in the battle against breast cancer, he said.

But companies have billions of dollars and years of research on the line and Myriad argued that without the ability to recoup their investment, breakthrough scientific discoveries needed to combat all kinds of maladies wouldn't happen.

THE ASSOCIATED PRESS

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Samsung. Galaxy S4 to hit Canada by April's end

Samsung's next flagship phone, the Galaxy S4, will hit Canada as early as April 27.

Mobile providers are now taking pre-orders for the new five-inch smartphone, Samsung's rival to Apple's iPhone.

Those who pre-order a phone in advance, for about $200 on a three-year contract or $700 without a contract, should get it by the end of the month.

The phone is then expected to go on sale May 3.

Samsung is highlighting a slew of software features as the main differentiators for its latest Galaxy phone, including a bolstered photo app and gestures that allow the device to be controlled without touching the screen.

THE CANADIAN PRESS

Market Minute

DOLLAR 97.52¢ (-1.12¢)

TSX 12,004.88 (-332.71)

OIL $88.71 US (-$2.58)

GOLD $1,361.10 US (-$140.30)

Natural gas: $4.14 US (-9¢)
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3RD WHEEL'S UNEXPECTED CHARMS

Some might say that three's a crowd, but there are actually plenty of advantages when it comes to spending time with an established twosome, provided you follow a couple of important ground rules.

First of all, you can't be insecure. You'll want to let go of any feelings of awkwardness or jealousy that will prevent everyone from having a pleasant time. Secondly, you should never agree to a one-on-two date with a brand new couple — there may be nothing more insufferable than being trapped at a dinner table with a pair of smitten kittens who can't keep their paws to themselves.

But if you're selective about who you play "plus one" with and resist the urge to throw a pity party for yourself, you'll realize that tagging along as the proverbial third wheel can actually mean a whole variety of unexpected benefits.

SHE SAYS

Jessica Napier
metronews.ca

You'll be the centre of attention

If you're convinced that a dating duo would only extend an invite to a solo friend out of pity, think again. Even the happiest couples get tired of each other — especially those who live under the same roof — and welcome the opportunity to hang out with someone new. So instead of thinking of yourself as an intrusive third wheel, realize that you're actually an exciting guest star. Spending the evening with a couple who are desperate for new material means you'll have an attentive audience to laugh at your jokes, give you advice on your own relationship problems, and listen vicariously as you relay stories of your crazy single life.

It's a cheap night out

In my experience, couples are usually so appreciative to have someone else join them for a night out that they'll offer to pay your way. Third-wheelers can enjoy complimentary cocktails, free meals, movie tickets and many other benefits of having a significant other for the night without having to deal with any of the annoying aspects of being in a relationship.

You don't have to bother looking good

Even though you're hanging out on date night, you're not actually the one on a date. Relieved of the pressure to impress, you can leave the Spanx at home and enjoy a nice night out with minimal effort.

You might learn something

Whether or not you're in a relationship of your own, there can be many educational moments that arise when you're spending time with another couple in an intimate setting. Think of it as relationship reconnaissance: Observing other people's dating habits from close up can help you glean some insights into what you do (or don't) want in your current or future partner. Alternatively, watching two friends bicker passive-aggressively over appetizers can give you a newfound appreciation for single life.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

In the ink of health

DAVE CHIDLEY/THE CANADIAN PRESS

Cancer tattoo strikes right note

Casandra Graham had a single mastectomy after being diagnosed and treated for breast cancer in 2009. And although she opted for reconstruction, she wasn't keen on having a surgically created nipple.

"I had looked on the Internet at probably thousands of photos of nipple reconstructions, and as good as the job may be, it'll never be exactly the same as your other one because it's just not natural anymore," Graham, 38, said from her home in London, Ont. "And I didn't like how it looked.

"So I said, 'You know what? I'm just not going to do it at all.' And since I happened to know a couple of tattoo artists — my husband owns a shop — I'll just get it tattooed."

Graham put together a design that combined several images she found online, including small hearts, a pink ribbon that symbolizes breast cancer, and some tiny stars.

But the central motif of her pink and black tattoo is a treble clef.

"I can't sing, I can't carry a tune in a bucket ... but I really like music and it was one of the strong things when I was alone that kind of kept my spirits up."

THE CANADIAN PRESS

'I am living'

"Survivor seems too cliché for me. So in pink writing around the side of the tattoo, I had them write 'I am living' because I feel like I'm not just getting by, surviving one day to the next. I'm actually living my life now." Casandra Graham

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

GREG WESTFALL/FLICKR

Canadians weary of muttering obscenities at a stubborn winter can rejoice now that patio weather is creeping into our afternoons. That also means it's time to brush up on whip-smart conversation, so grab the early advantage by subscribing to these brain-food podcasts on iTunes.

99% Invisible :
A recent lesson on the word jaywalking perfectly illustrates how well this show — which explores the quiet impact design has on daily life — tends to wrap things up in an easily repeated fun fact.

A History of the World in 100 Objects :
A great idea worthy of its many copycats, each edition of this 100-episode BBC special focuses on one of the countless innovations the modern world is built on, from hand tools to credit cards.

Quirks and Quarks :
It's past time science got around to explaining how national treasure Bob McDonald and his team manage to pack so much science news and information into a single hour.

Twitter

The public reacts to the Boston Marathon explosions.

@corduroygal: My thoughts and prayers are with the victims of the bombing in Boston. My run today is now dedicated to you #prayforboston #bostonmarathon

@DJRedEyezz: Tragic day in Boston, senseless act #PrayForBoston

@rajbmanian: #BostonMarathon victims you are not alone. #Toronto is with you

@robyntrew: So saddened to hear of yet another heartless and senseless act of violence. Thoughts are with you, #Boston. #prayforboston

@SomeGuyDylan: Once again the world is forced to deal with the actions of some small, ignorant, petty little minds. Stay safe #Boston

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DVD reviews

Django Unchained

Director. Quentin Tarantino

Stars. Jamie Foxx, Christoph Waltz, Leonardo DiCaprio

Quentin Tarantino's pre-Civil War anti-slavery adventure is his valentine to the spaghetti western genre, specifically the blood-splattered grindhouse movies of his 1960s-to-1970s youth made by Sergio Leone and Sergio Corbucci. Tarantino also tips his Stetson to three bloody Sams — Fuller, Raimi and Peckinpah — who share his filmmaking sensibility that blood should come by the bucketful. And there are shout-outs to a Monty, as in Python, in such scenes of lunacy as when freed slave Django (Jamie Foxx) and his benefactor Dr. Schultz (Christoph Waltz) encounter KKK vigilantes who can't shoot or even see straight. Tarantino is clearly having a grand ol' time, and so are his actors, who include Leonardo DiCaprio as the childlike owner of a vast Mississippi plantation and Samuel L. Jackson as his devoted housekeeper. Each of these players shares the writer/director's filmic vision that both observes and condemns America's bloody history of racism.

Manborg

Director. Steven Kostanski

Stars. Matthew Kennedy, Adam Brooks, Meredith Sweeney

This energizing Canuck homage to 1980s sci-fi horror action movies is set in a post-apocalyptic Earth ruled by a demonic Count Draculon and his Nazi vampire stooges. It's the heart-ripping saga of a not-so-super soldier seeking vengeance. Cyborg machinery is grafted onto his reanimated corpse after he dies on the field of battle. Recalling every sci-fi action flick from RoboCop to Mad Max and all the way back to Flash Gordon, it's a marvel of DIY makeup, costuming and special effects.

PETER HOWELL

A group of collar-popping frat boys don hipster disguises in an attempt to pick up girls in Williamsburg. YOUTUBE SCREENSHOT

Bros take on Brooklyn

A guy's answer to Girls. Video editor takes personal experience with hipster girls and turns it into a YouTube short

CASSANDRA GARRISON
Metro World News in New York

What happens when former frat boys trade their popped collars for jean shorts and flannel? What could possibly go wrong when clean-cut bros hop on the L train and venture to Brooklyn in search of hipster girls? Hilarity ensues, as demonstrated in a newly-launched web series inspired by the HBO hit show Girls and created by a Williamsburg veteran.

Video editor Anthony DiMieri, 25, had written a sitcom about 20-something guys living in NYC back in 2010, but when Girls premiered, the idea for a parody colliding two stereotyped sub-cultures just clicked.

"When I saw Girls, I thought, 'Holy crap — this is really close to what I was doing,'" DiMieri told Metro. "It's taking some humour and boiling things down to more sketch comedy. Humour in a web series is different than humour on TV. You have to make people laugh right off the bat."

Thus, Bros was born.

He did a casting call in December, pulled a lot of favours for the low-budget production, and put it on YouTube earlier this week. Bros follows a main character who gets cut off by his parents (sound familiar?) after his post-college life is filled with picking up chicks and playing Call of Duty. His soul-searching is brought to a halt when one of his fellow bros reveals the secrets of picking up hipster girls.

Observing their friend's outfit — a sparkly T-shirt, a purple winter cap and cut-off shorts — the main character and his bros are at first bewildered that this look could ever attract women.

"You look like you skinned a mermaid," a bro exclaims. "And you took her skin, and fashioned it into a crude shirt."

"You haven't been over there. It's different," the bro-turned-hipster responds of Williamsburg.

"You don't even have lenses in your glasses," another bro rebuts, still in utter shock.

But it is the bro-turned-hipster who gets the last laugh when he returns to the apartment that night with a flannel-wearing hottie.

From there, DiMieri's cast embarks on a transformation as they strive to infiltrate Williamsburg and entice female hipsters with mentions of gin distilleries and "obscure" music. Sure, they run into bumps along the way, like being denied a Long Island Iced Tea from the bartender because it is a "stupid drink." Moments like that are reflections of DiMieri's real-life memories from his time in a Williamsburg apartment he shared with three girls.

"The stuff I was writing about, I sort of based on real-life experience," he said. "I definitely lived a similar lifestyle with the Pickleback shots and PBR. There is some truth to the stereotypes, but we really went over the top and made it cartoonish."

DiMieri has gotten a lot of feedback about Bros but, predictably, some criticism, too, about poking fun at Girls.

"My favourite YouTube comment so far is something like, 'You guys are a**holes for ruining such a good thing,'" he said.

"They think I am attacking the show, but I am not trying to do that."

And the people behind the show itself have already taken notice of Bros. The official Twitter account for Girls started following DiMieri.

"That was a big deal because it was like, 'OK, the people at HBO are watching this,'" DiMieri said.

"I think Lena Dunham and I could probably collaborate and write a really hilarious episode, maybe about bringing the girls to a frat party."

DiMieri, who rejects labels but admitted he is likely part-bro, part-hipster, would like to continue making episodes in the web series, but said it is all based on cost and whether he can find a way to fund the production. Most of the people involved in the first episode worked for free, including the cast members. He is considering launching a Kickstarter campaign.

Art imitates life

"The stuff I was writing about, I sort of based on real-life experience. I definitely lived a similar lifestyle with the Pickleback shots and PBR."

Bros creator Anthony DiMieri

The Flaming Lips go to the dark side

The Terror. The boys who brought you She Don't Use Jelly dig deep into the depths of the human condition to produce anxiety-laden tracks

PAT HEALY
Metro World News in Boston

When the Flaming Lips appeared in a commercial during the Super Bowl this year, it seemed that after 30 years as a band, they were ready to present themselves definitively to the masses; as fuzzy, funtime freaks who roll around in hamster balls and blast technicolour confetti from their tour bus. The minute-and-a-half Hyundai ad crystallized the band's whimsical qualities, which were particularly potent in last year's hyper-collaborative and highly playful project, The Flaming Lips and Heady Fwends.

But the Lips have put aside their playdates with seemingly disparate "Fwends" like Ke$ha, Erykah Badu and Chris Martin and gone to a much darker place. Therein they found The Terror.

The Terror, which comes out Tuesday, finds Wayne Coyne and company capturing the sound of the desperate anxiety that you'd expect from an album with a title like that.

"A lot of times I think Flaming Lips music goes into the fantastical and I think that's great," says Coyne. "But I think this music specifically goes to how life is. Part of it is that there is something grinding away at you. ... I think virtually every song on here has this kind of underlying, grinding, non-musical — not even always rhythmically correct — bed to it."

Lyrically, the mood is persistently similar, with very little light coming into or escaping from the songs. On one track, when a high hopeful voice sings "You're not alone" it is echoed by a sobering mechanical response of "You are alone." This is a very different Wayne Coyne from the one who sang about a girl who uses Vaseline on her toast instead of jelly. It's a very different Wayne Coyne from the one who asked if you realized that happiness makes you cry. Coyne admits that when the band began to chase these dark impulses, part of The Terror was that they wouldn't be able to return.

"I always know that once we get interested in something, it's wonderful but it's also scary, because it's like 'We're really gonna do this' and you don't know in the beginning if it means that we destroy this other part of us."

A different Wayne

"I think virtually every song on here has this kind of underlying, grinding, non-musical — not even always rhythmically correct — bed to it."

The Flaming Lips frontman Wayne Coyne

There's no happy sounds from The Flaming Lips on The Terror. GEORGE SALISBURY

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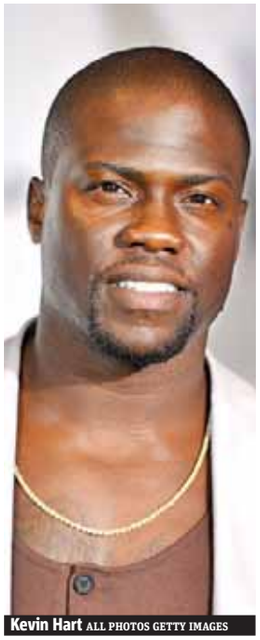
eone entertainment one

Comedian calls arrest 'a wake-up call'

Comedian Kevin Hart was arrested for driving under the influence early Sunday morning in Los Angeles, and he wasn't shy about sharing the details after posting bail. "I'm officially a thug. I spent six hours in jail last night," Hart announced on Twitter. "This cop was the worst. He knew who I was and wanted to make an example of me. ... When the cop asked me to take the sobriety test I said, 'Why waste our time? I'm drunk, man.'" Hart did also offer some more serious reflection on the night's events: "This is a wake-up call for me. I have to be smarter and last night I wasn't."



Kevin Hart ALL PHOTOS GETTY IMAGES

Lindsay Lohan

Rocking out before facing the music

Lindsay Lohan hit up the first weekend of the Coachella music festival, and despite some former pals being worried for her life if she attended, she seemed to come out of the fest just fine. A water bottle-clutching Lohan was spotted with her 16-year-old brother, Cody, in tow, and sources tell E! News that the troubled actress was aiming for "a healthy, fun time at Coachella" before heading to her court-ordered 90-day rehab stay next month. The music festival continues this weekend.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ozzy and Sharon's relationship gone off rails?

THE WORD
Dorothy Robinson
scene@metronews.ca

Everyone's favourite heavy metal couple, Ozzy and Sharon Osbourne, are reportedly well on their way to splitting up, according to Radar Online. And sadly, the long-married pair is said to be living separately already. While Ozzy is said to be living in a rented Beverly Hills mansion, Sharon has been staying at the Beverly Hills Hotel since at least the beginning of this month, sources say. "They are living at different addresses and not spending any time together," a source recently told the Sun. Sharon is believed to be staying at the famous hotel while she decorates a new home — but not the one where Ozzy is staying. The usually outspoken and press-friendly pair has been remarkably quiet about the reports of marital trouble.

Ellen DeGeneres and Portia de Rossi

Ellen and Portia content without kiddos

Portia de Rossi tells Out magazine that she and wife Ellen DeGeneres have absolutely no plans to start a family, despite pressure from friends and loved ones. "You have to really want to have kids, and neither of us did. So it's just going to be me and Ellen and no babies," de Rossi tells the magazine. "There comes some pressure in your mid-30s, and you think, 'Am I going to have kids so I don't miss out on something that other people really seem to love? Or is it that I really genuinely want to do this with my whole heart?' I didn't feel that my response was 'yes' to the latter."

Twitter

@ElizabethBanks
Huh, Brad Pitt would make an amazing radio man. Ah, but a waste of that face.

@AlbertBrooks
Justin Bieber said he hoped Anne Frank would have been a fan. I really want to kill myself.

@mindykaling
If Kobe retires he should make movies with cartoon characters like Rocky & Bullwinkle

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The Iron Man 3 workout

Fitness. Robert Downey Jr.'s trainer, Brad Bose, tells us how to get superhero strong

ROMINA McGUINNESS
Metro World News

"Superheroes have good bodies, even if they have PhDs," says Brad Bose, who would know.

He's Robert Downey Jr.'s personal trainer, and got him fit for Iron Man 3.

"It was important that Robert was extremely fit and had a good muscular build. Only it had to look realistic. He's meant to be a billionaire playboy; you don't want him to get too big and end up looking like Captain America or The Hulk."

Fortunately, Downey Jr. was almost ready to go for his third stint as Mr. Stark.

"He'd recently finished filming The Avengers so he was in good shape. But holding on to that muscle mass and definition for long periods of time isn't easy," adds Bose.

"He had to get re-buff. We were doing two-hour sessions, three to four days a week. By the time we were done, he'd gained five pounds of muscle and trimmed off 10 pounds of fat."

His workout gloves are cooler than yours. MARVEL

FPT vs. Body Building

"Robert's cardio was never an issue," Bose tells Metro. "A lot of people don't want to talk about it but the truth is, he's 48. He's above the curve when it comes to being a fit individual but this is a young man's training he's doing."

In order to gain muscle bulk, Downey Jr. spent the first month doing traditional weight training.

Once he and Bose were satisfied with his mass, they moved on to Functional Performance Training, a technique that engages all muscle groups simultaneously.

"FPT isn't just for esthetics," says Bose.

"All the exercises are designed to get you muscular through strength. As opposed to body building, where you're working one muscle group in isolation, FPT gets as many muscles and as many planes of movement engaged at any one time," he explains about the training regiment .

The logic behind the moves is it offers a better approach.

"The body functions as a unit. Every time you're doing an upper body movement, your legs should never be completely dormant. The 'core' (from the lower part of your rib cage to the lower part of your hip girdle) should always be engaged. The aim of FPT is to do things more dynamically. So we'll push sleds, we use battling ropes, sledgehammers, tyres and so on."

Superhero diet

How Iron Man gets his iron, man

Hard to believe, given his love of shawarma, but Iron Man lives closer to a vegetarian lifestyle than full-on carnivore.

"We try to balance the protein and the carbohydrates and stick to fish, chicken, eggs and soy," explains Bose. "And when it's time to cut weight, we just minimize the portions. Robert tends to eat every three hours and have two protein shakes a day. The only reason he even drinks them is to make sure that during these intense workout periods, he's not losing any muscle mass. So as far as nutrition goes, we're more focused on a Paleo style diet, which is basically fish, organic meat, nuts, roots, fruit, eggs and vegetables."

And on his days off ... Tracy Anderson and Kung Fu

"Robert is constantly doing something," says Bose of his client.

"But in order to spend time with his wife, he does a lot of Tracy Anderson cardio classes. And he's a brown belt in Kung Fu, so on the opposite days that he's not working with me, he's sparring with his coach, Eric Orum."

THE IRON MAN WORKOUT

Sometimes when you do strength training it can feel like you're pushing against an inanimate object and you never seem to get better. In this workout, the moves are distracting in a good way — it makes time go by faster.

Dips

Keeping you body upright on a dip bar, lower your body down until your elbows are at a 90 degree angle, then press back up until your arms are almost fully extended (straight). 3 sets 8 to 12

Sandbag throws

Using the handles that are closest to the middle of an Alpha Strong bag, squat down and grab the handles. Press up with the legs moving from a squat position to where the bag is hanging at your waist. Do 8 to 12 times and 3 to 4 sets.

Bandbell bench press

Using a bandbell bar you are doing a bench press. The key to this exercise is having a bandbell bar, rubber bands about 12 inches long and kettlebells. Do 8 to 12 reps and 3 sets.

Getting help when parents are sick

Dealing with cancer. A new book goes straight to the source for advice — other teens

MEREDITH ENGEL
Metro World News

When Maya Silver was grappling with her mother's breast cancer, she noticed that there weren't many resources available for teens dealing with a parent's cancer. So she tag-teamed with her dad, Marc — the author of Breast Cancer Husband — to create a survival guide for teens undergoing such duress, My Parent Has Cancer and it Really Sucks. We asked the father-daughter duo about the best ways to help this underrepresented group cope.

A new book about dealing with cancer is targeted at some of the forgotten people in the scenario. ISTOCK PHOTOS

We often try to lend support to friends going through a rough time by saying something like, 'If you need anything, let me know.' But Maya, what are some concrete words or actions that you appreciated when your mom was ill?

Maya: Just understanding. If I didn't want to have any friends over to the house when my mom was really sick, or if I just wanted to get away and stay busy, I had people there to help me do that. You definitely hear a lot of "I'm so sorry!" (and) constant asking how you're doing, how your family's doing.

That was not very helpful for me. Knowing that I had good friends around me and a strong family was very helpful.

What else did teens find not helpful?

Marc: One girl (we interviewed,) Caitlin, went to school, and the teacher asked a question so Caitlin raised her hand to answer. And the teacher goes, "Oh, Caitlin, how's your mom?" And Caitlin was so mad because she did not want to talk about or have to think about her mom at that moment — she wanted to answer the question. Kids don't want to be constantly reminded.

Maya: Another thing is an artificial sense of compassion. We had a couple of really out-there examples, like, "I know exactly how you feel, my gecko just died." (Or) you tell someone that your mom has a serious form of breast cancer and they're like, "Oh, my grandma's sick too." You want to be like, "You have no idea."

Communication

Some final advice from Maya.

- **Quote.** "Some teens might want to communicate through text, or email or whatever. Find out how your teen wants to communicate, and how much they want to know, and then you can adjust as needed."

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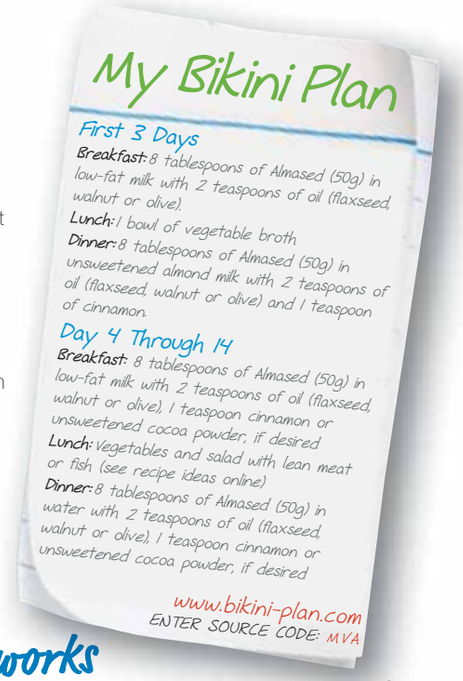
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Lunch: 1 bowl of vegetable broth
Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
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Skinny panini: Clubhouse starring chicken and prosciutto

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

1. Spray non-stick skillet with cooking oil and place over medium heat. Sauté prosciutto 5 minutes or just until dry and beginning to crisp. Remove from pan, cool slightly and crumble. Wipe skillet; respray.

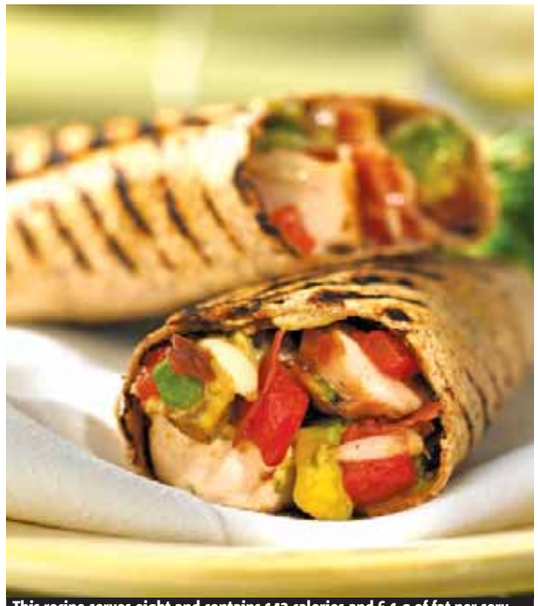
2. Working with one at a time, pound chicken breasts between two sheets of waxed paper to an even 1/4-inch thickness. Sauté for 5 minutes, or just until cooked and no longer pink in the centre, turning halfway. Cool for 5 minutes, then dice.

3. Combine the mayonnaise, lemon juice, mustard, garlic and pepper in a small bowl and mix thoroughly. Spread evenly over the entire surface of the tortillas. Scatter the chicken, prosciutto, cheese, tomato, onion and avocado overtop. Fold in the sides of each tortilla and roll it up tightly.

4. Preheat a non-stick grill pan to hot and spray with cooking oil. Sear the rolls on both sides until browned, approximately 2 minutes per side. Slice in half before serving. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 2 oz prosciutto
- 8 oz skinless boneless chicken breast
- 2 tbsp light mayonnaise
- 2 tsp lemon juice
- 1 tsp Dijon mustard
- 1/2 tsp crushed fresh garlic
- pinch ground black pepper
- 4 large tortillas (preferably whole wheat)
- 2/3 cup Swiss cheese
- 1/3 cup diced, seeded plum tomatoes
- 1/3 cup diced sweet onion
- 1/2 diced ripe avocado



This recipe serves eight and contains 143 calories and 6.1 g of fat per serving. LORELLA VANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Dinner. Herb-Brined Walnut-Crusted Chicken

1. In saucepan over high heat, combine salt, pepper and water. Bring to boil, stirring to dissolve salt. Remove from heat and add the ice. Stir in apple juice.

2. Bruise thyme, rosemary and savory by placing on cutting board and hitting with back side of a meat mallet. In zip-close plastic bag, combine liquid mix with bruised herbs and garlic. Add chicken thighs to bag and squish around to cover in the brine. Refrigerate for 3 hours.

3. When ready to cook, heat oven to 450 F. Remove chicken from brine and discard brine. Use paper towels to pat chicken thighs dry, then arrange on rimmed baking sheet.

4. In bowl, combine walnuts and breadcrumbs. In another bowl, combine mayonnaise, coriander and orange zest. Brush mayonnaise mix over surface of each chicken thigh. Pat some walnut mix evenly over the top of each thigh.

5. Bake 20 minutes, or until golden brown and 170 F at centre. **THE ASSOCIATED PRESS**

Ingredients

- 1/4 cup kosher salt
- 1 tsp cracked black pepper
- 1 cup water
- 1 cup ice
- 2 cups apple juice
- 4 sprigs each fresh thyme, rosemary, savory
- 3 cloves garlic, chopped
- 2 lbs bone-in chicken thighs, skin removed
- 1/2 cup each chopped walnuts, panko breadcrumbs
- 1/4 cup mayonnaise
- 1/2 tsp ground coriander
- Zest of half an orange

Health Solutions

Of underrated watercress

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Do you think of the Queen or Downton Abbey when you think of watercress?

Of course, it is ubiquitous in tea sandwiches but did you know that it is an incredibly healthy salad green?

Watercress is a cancer and age fighting superfood as reported in a study in Medical News Today. It is suspected that the high anti-oxidant capacity of this easy-to-grow spring sprout protects DNA and cell damage. The study's participants ate one cup per day of both the stems and leaves. Watercress is in the category of cruciferous vegetables like cabbage, mustards and kale and offers all the same benefits of these more widely used varieties.

Watercress can be added to just about anything:

- salads
- omelets
- fruit smoothies
- grilled cheese
- sautéed
- served with grilled fish, pork or chicken
- as a pesto
- as a soup

Watercress does indeed grow in very damp soil and near running water. If you know what to look for, it can be a free and wild addition to your day.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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metro

LEARNING CURVE

Tuesday, April 16, 2013

Blossoming tree project

DANIEL HENDRIKSEN
For Metro

BCIT instructor Keith Turner, left, and students Crystal Chau and Gavin Lim are attempting to clone cherry blossom trees to reinforce the number of endangered varieties. SCOTT MCALPINE/BCIT PHOTO

Students in the honours bachelor of science biotechnology degree program at the British Columbia Institute of Technology (BCIT) are doing their part to restore some of Vancouver's declining Japanese cherry tree varieties.

Using cultivars from the rarest and most vulnerable of the city's older trees, the students are attempting to clone the trees to reinforce the number of endangered varieties. Due to strict plant health plant regulations, it is not feasible to import new trees into Canada.

The idea to restore the tree population was brought forth to Keith Turner, instructor in BCIT's biotechnology department by Douglas Justice, associate director and curator of collections at the UBC Botanical Garden.

"It has been gratifying to be able to work with students to try and save some of these rare cultivars," Justice said. "These trees not only look beautiful, they have historical significance. Many of the original trees came from Japan as gifts to commemorate Japanese Canadians who fought in World War I. Helping preserve the trees preserves beauty and our shared history."

Vancouver has approximately 55 types of cherry trees and thanks to the work done by the BCIT students, it looks as though they will all have a healthy and beautiful future.

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CONTRIBUTED

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For those simply looking to update their skill set, Brighton College offers a 12-week office assistant certificate available as well.

New classes for both the office administration and office assistant programs begin April 15.

To inquire about enrolment, call one of Brighton College's educational advisers at 604-901-5121. You can learn more about these programs, and many more, by visiting brightoncollege.com.

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UBC president to leave post in 2014

DANIEL HENDRIKSEN
For Metro

The University of British Columbia (UBC) will soon be looking for a new president. The man who currently holds that post, Stephen Toope, has informed the school that he will be resigning from the position as of June 30, 2014.

Toope sights the desire to pursue academic and professional interests in international law and international relations as his reason for leaving the institution. He was named the 12th president and vice-chancellor of UBC on March 22, 2006, and began his second five-year term in July 2011.

"Professor Toope's accomplishments during his tenure as president have been truly outstanding," UBC board of governors chair Bill Levine said in a press release. "His vision and passion for UBC are clearly visible through the development and implementation of his strategic vision, Place and Promise."

According to Levine, UBC has been consistently ranked among the top 40 universities in the world, and has grown to more than 55,000 students and nearly 14,000 faculty and staff under Toope's presidency, making it one of the largest employers in British Columbia.

The search for UBC's 13th president will begin shortly with the establishment of a search committee that will include a broad representation from the university community.

UBC president Stephen Toope has informed the university he will be resigning, effective June 30,2014. CONTRIBUTED

Kwantlen team captures diplomacy award

A team of bachelor of arts students from Kwantlen Polytechnic University (KPU) attended the World Model United Nations Conference (WorldMUN) in Melbourne, Australia, from March 16-22.

The KPU group consisting of Kurt Renvall, Sana Sohel, Nubwa Wathanafa and Saed Abu-Haltam was one of only five Canadian university teams at the event, and the only one to bring home one of 15 diplomacy awards.

The teams at WorldMUN represent selected countries in debate and committees in order to draft policies, agreements and resolutions that grapple with current global issues. The students from KPU represented Afghanistan.

The 2013 WorldMUN conference hosted more than 2000 delegates from universities in 65 countries, and this was the first year the event received an official endorsement from the United Nations.

Up next for the students is the second annual KPU Model UN Conference in early 2014.

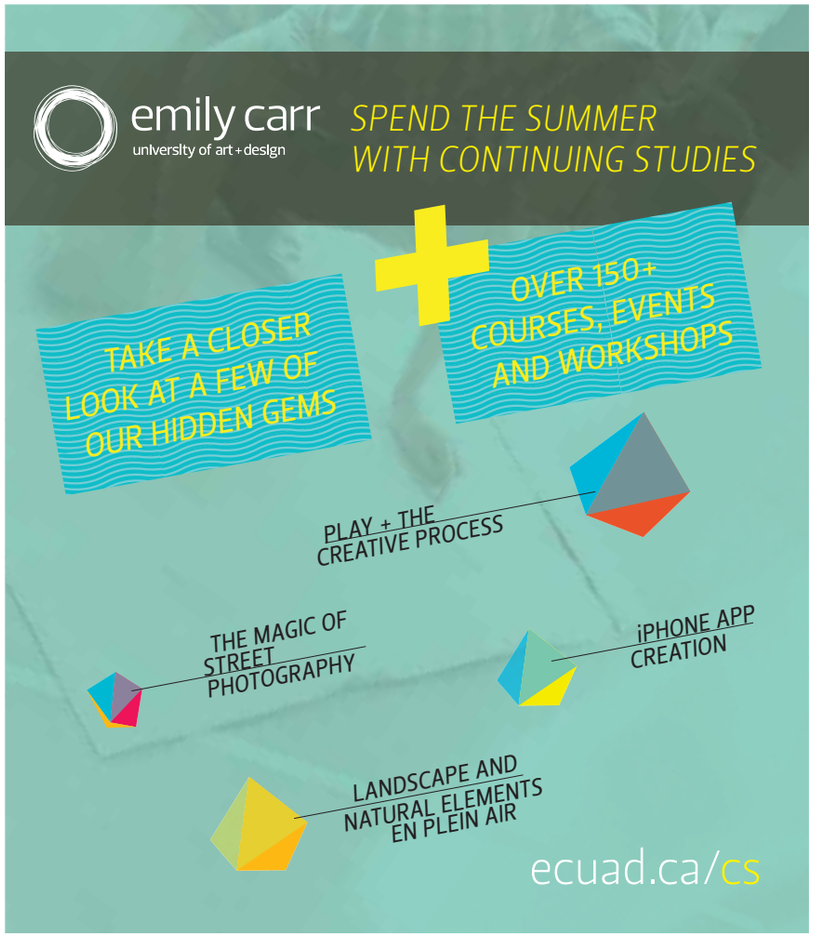
Douglas to invest $1 million to student aid

The Douglas College board recently announced that the institution will invest an additional $1 million in student aid that will benefit more than 1,000 future students.

Douglas plans on using the money to provide financial support to students who might otherwise not have the opportunity to pursue post-secondary education, as well as to recognize academic excellence.

The newly announced legacy fund will provide up to $100,000 per year to students over 10 years, with 70 per cent allocated for bursaries and the remaining 30 per cent for scholarships. According to Douglas president Scott McAlpine, the decision to establish the legacy fund acknowledges the continued growth and development of the college.

For more information, visit douglascollege.ca.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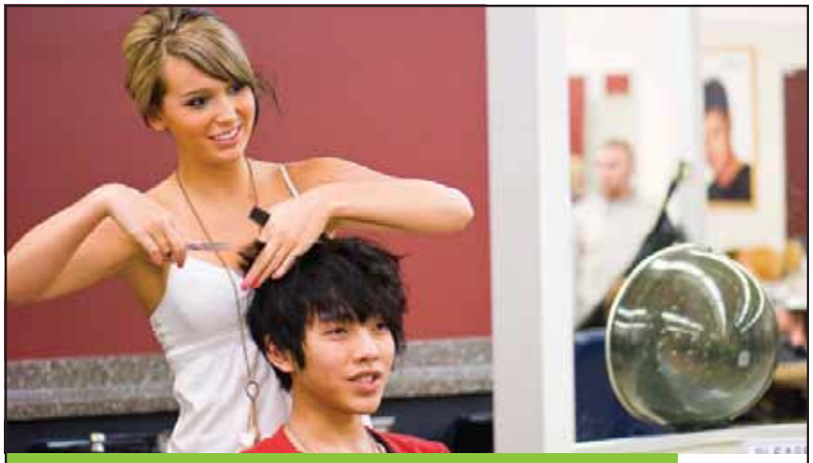


Discover careers at VCC

It's a good feeling to land a great job. Talk to VCC about your career options at one of these free information sessions:

Program	Campus
Transportation trades Tuesday, April 16, 11 a.m. – lobby, building B	Broadway
Teaching English to speakers of other languages (TESOL) Tuesday, April 16, 12 p.m. – room 518	Downtown
Building service worker Wednesday, April 17, 1 p.m. – room 206	Downtown
English for professional advancement (EPA) Wednesday, April 17, 2:30 p.m. & 5 p.m. – room 235	Downtown
Accelerated gemmology Wednesday, April 17, 5:30 p.m. – room 164	Downtown
Career planning and job search courses Monday, April 22, 11 a.m. – room 236 Monday, April 29, 11 a.m. – room 236	Downtown Downtown
Access to practical nursing Wednesday, April 24, 4:30 p.m. – room 1227, building B	Broadway
American Sign Language (ASL) and Deaf studies Wednesday, April 24, 6 p.m. – room 2555, building A	Broadway
Auto collision repair and auto refinishing Wednesday, April 24, 5 p.m. – lobby, building B	Broadway
Hair design Wednesday, April 24, 4:30 p.m. – room 201	Downtown
Skin and body therapy (esthetics) Wednesday, April 24, 4:30 p.m. – room 201	Downtown
Digital graphic design Thursday, April 25, 2 p.m. – room 721	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **vcc.ca** or call **604.871.7000**.

VANCOUVER COMMUNITY COLLEGE

View all VCC info sessions and tours

www.vcc.ca

Shabana Azmi — Indian actor, member of Parliament and Gandhi International Peace Prize winner — will receive an honorary degree from Simon Fraser University. CONTRIBUTED

SFU. Ten receive honorary degrees

DANIEL HENDRIKSEN
For Metro

Ten individuals have been announced as honorary degree recipients from Simon Fraser University (SFU).

• Shabana Azmi — Indian actor, member of Parliament and Gandhi International Peace Prize winner.

• Barry Downs — Vancouver architect and pioneer of the West Coast modernist architectural style.

• Michael Ingham — Bishop of the Diocese of New Westminster, who was the first bishop in the Anglican Communion to authorize the blessing of same-sex unions.

• Jack and Terry Lee — two of the world's most accomplished bagpipers, who have spent 30 years developing and leading the SFU Pipe Band.

• Andy MacKinnon — B.C. Forest Service research ecologist and author of six best-selling field guides to plants of western North America.

• Kelvin Ogilvie — Canadian senator, past president of Acadia University and award-winning biotechnology, bio-organic chemistry and genetic engineering.

• Christine Sinclair — two-time Olympian who led the Canadian women's soccer team to a bronze medal in the 2012 Olympics.

• Michael Stevenson — president emeritus of Simon Fraser University, who led development at SFU that included a $500-million expansion of campus facilities.

• John Webb — physician and director of interventional cardiology at St. Paul's Hospital, who pioneered one of the most important advances in heart disease in the last 25 years.

The honorary degrees will be presented at SFU's spring and fall convocation ceremonies.

Students encouraged to take part in census

Vancouver Community College (VCC) is encouraging its students to participate in the institution's 2013 spring census survey.

VCC is looking for student feedback in order to help plan and improve programs and services.

All students registered in a VCC course between January 1, 2013, and April 30, 2013, will be sent an invitation to their personal email account. Those who complete the census before May 20 will be entered to win a prize, including the grand prize of an iPhone 5, Samsung Galaxy S4 or Blackberry Z10.

"The annual survey is a primary source of data collection for the college," Brian Beacham, director, institutional research, said in a media release. "We use this valuable feedback to evaluate current student trends and develop future planning projects. I would like to thank all those who take the time to help us get a picture of our student population."

Students who wish to take part must be sure to have their current student ID number. The number can be obtained by contacting the registrar's office at 604-443-8400 or the continuing studies office at 604-443-8484.

For more information and to get involved, go to census.vcc.ca/index.html.

Kwantlen instructor launches Sound of Silence

DANIEL HENDRIKSEN
For Metro

Andrew Frank, an environmental protection and applied communications instructor at Kwantlen Polytechnic University (KPU), recently partnered with Coastal First Nations to produce a two-minute video called The Sound of Silence.

Andrew Frank

The video is aimed at raising awareness of the threats oil tankers pose to B.C.'s coastal waters, wildlife, and communities.

"It was an honour and privilege to produce and launch this important new ad campaign with the Coastal First Nations," Frank said in a press release. "The public and media response has been overwhelming, and angel investors have since stepped forward to expand the campaign into new media markets in B.C."

The Sound of Silence is a response to the controversial Enbridge project that is continuously working to gain public support for the Northern Gateway Pipeline. It has been featured in Metro as well as many other news publications and television shows, including CBC's The National, Global TV, CTV, and Citytv.

"This story shows the power and importance of environmental communication in building and shaping public discussion and opinion around important issues facing our province," Frank said. "These are the kinds of practical success stories that I like to bring into the classroom and share and analyze with my students."

SFU health scientist honoured for HIV research

A Simon Fraser University (SFU) health sciences professor was recently honoured for his HIV/AIDS research.

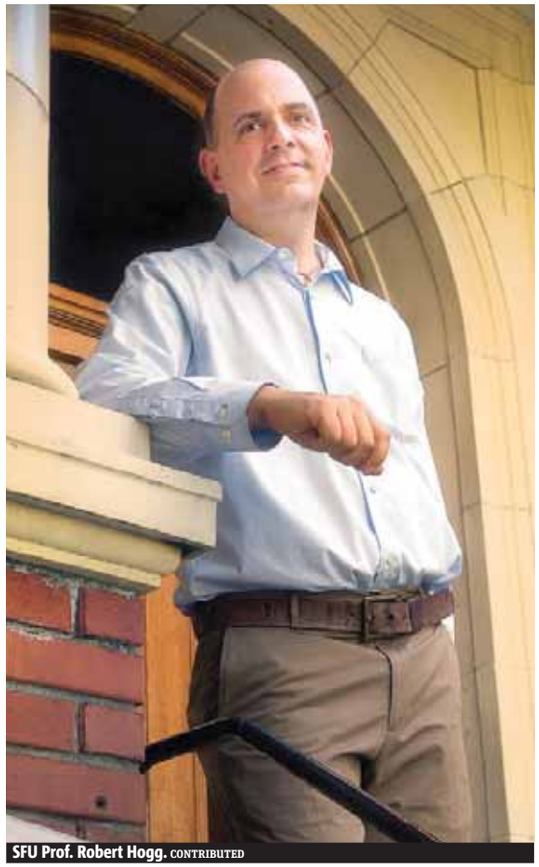
Dr. Robert Hogg was given the Confederation of University Faculty Associations of B.C. (CUFA B.C.) 2013 Paz Buttedahl Career Achievement Award for his epidemiological research at a CUFA B.C. dinner at the Law Courts Inn in Vancouver on April 3.

The award recognizes outstanding faculty members at B.C.'s public universities who use their research and scholarly work to benefit the general public.

"Dr. Hogg personifies our vision of an interdisciplinary faculty, where our faculty members build teams from 'cell to society in the pursuit of answering some of society's most pressing questions," UBC faculty of health sciences dean John O'Neil said in a media release.

In his research, Hogg studies how anti-retroviral drugs can prolong the lives of people living with HIV/AIDS and prevent new infections.

"Dr. Hogg's work has impacted the field of HIV/AIDS research and touched the lives of those affected by the disease," said SFU vice-president research Mario Pinto. "He has also given back to his community and the university through teaching and mentoring many students who have gone on to their own successful careers."


SFU Prof. Robert Hogg. CONTRIBUTED

VCC nursing receives $15,000

The nursing department at Vancouver Community College (VCC) recently received a $15,000 international education award from the Irving K. Barber British Columbia Scholarship Society.

The endowment is designed to support international student exchanges. VCC will put the funds towards a six-week practical internship for six of its students studying to become registered nurses.

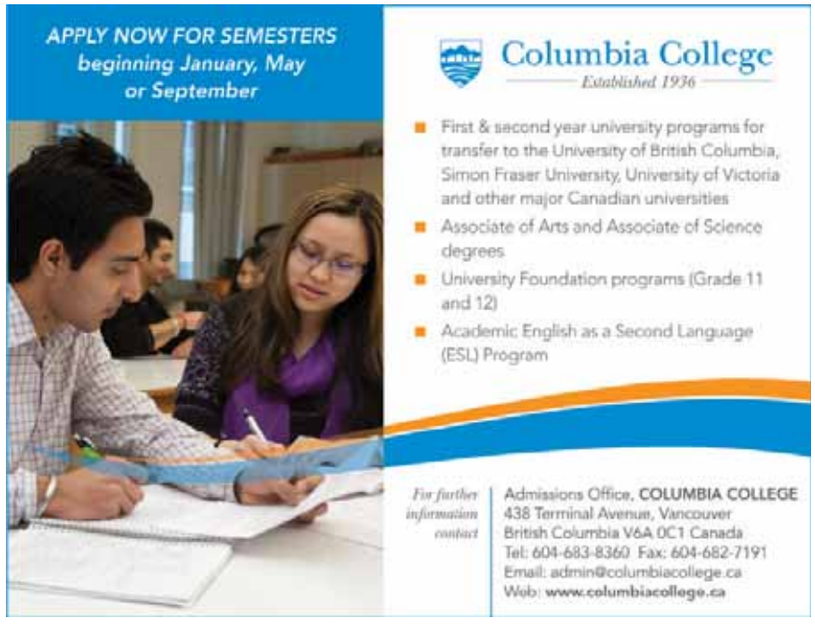
The students will travel to Dhaka, Bangladesh, next month to study how primary health care works in a Third World country.

"There are benefits to expanding your horizons to see how health-care systems in other countries operate," Kathy Fukuyama, VCC nursing department head, said in a press release. "These settings offer diverse experiences in a wide range of socio-economic conditions."

The VCC-Bangladesh internship, now in its third year, is a result of a unique partnership with the International University of Business, Agriculture and Technology. This is the second straight year that the program has received the $15,000 grant from the Irving K. Barber British Columbia Scholarship Society.

The internship is also made possible by the VCC Foundation, which supports initiatives like this internship to assist VCC students in affording unique educational opportunities.

For more information on the VCC Foundation, see vcc.ca/about-vcc/support-vcc/index.cfm.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Stay-at-home mom finds her sanity in suburbia

A momoir. Columnist shares how she found her groove in new book, Lost in Suburbia: A momoir: How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs

Tracy Beckerman moved from New York to suburbia. And it wasn't easy. HANDOUT

When syndicated parenting columnist Tracy Beckerman gave up her high-powered Manhattan TV career to focus on motherhood, she, her husband and their two young kids left their quintessential New York lifestyle behind for a different one in the Jersey suburbs.

Her new life as a full-time mom, however, left Beckerman in a funk.

Lost in Suburbia: A Momoir: How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs tells the story of how the author found her groove in Jersey and learned how important a sense of humour is in raising a family.

How did you decide to swap your city life for a suburban one, and what was the transition like?
After I had my son and went back to my job as a writer and producer for the local news, I never expected that I was going to not really care about it anymore. I felt like I was missing out by not being with my son. So we made the decision that I was going to quit my job. Then we realized that we couldn't afford to stay in the city! So we moved to New Jersey. I didn't know anybody, I didn't have my job to define me anymore and I just sort of lost it. It made it tough to be comfortable in my new role.

How did things begin to change?
My low point is when I got stopped by a cop driving in my dumpy bathrobe. I thought, I've got to turn my life around! When my kids went to school, I thought about what I could do that is just for me. One day my son came home from school and told me something funny that happened, and I wrote it down. (The story) came flooding out of me, and the local paper ran it. Soon after, two more papers expressed interest. I realized this was going to be my second act. Finding the humour in parenting made me so much happier.

What should women in this situation keep in mind?
If you defined yourself by your career, it can be very hard when all of a sudden your job title is Stay-At-Home Mom. You need something for yourself that's not just about your kids — something just for you that you feel good about. I think you end up feeling happier, and it makes you a better parent.

METRO

The way we handle money also affects the people around us. ISTOCK IMAGES

Jump on the fin lit bandwagon

YOUR MONEY
Alison Griffiths
money@metronews.ca

"I am 44, a single parent with two kids and a total idiot about money," writes Lori P. from Winnipeg. "There's so much talk about financial literacy these days. How am I supposed to get smart?"

Good point. I feel your frustration. The fin lit bandwagon has produced so much content it can be a huge challenge to find what you need to know.

I'm not being pejorative; financial literacy is a very good bandwagon. After all, money accompanies us from cradle to grave. Spouses, kids, jobs, friends may all come and go, but money remains. The way we handle it affects not only our own life but also that of people around us.

Financial literacy is particularly important for women because we are still the primary caregivers of children and the elderly. We also bear a larger portion of the responsibility for educating our kids about money. Additionally, we ladies are by far the majority of single parents and we live longer.

So, women have to get smart about money.

The international Financial Literacy & Education Summit 2013 in Chicago is tackling this very important topic on April 17th. I'm honoured to be the moderator of a panel of journalists from around the world. You can register to view online at practicalmoneyskills.com/summit2013.

Back to Lori P. She should focus on her own specific needs first. For example, if she is in a job with a workplace pension and contributing to it, she might put retirement investing on the shelf for now. Instead, she could concentrate on areas where she is weak such as insurance, budgeting or taxes.

The idea is to pick one thing and work on that until you have a comfort level with the topic. Don't try to become financially savvy in everything. It is simply too overwhelming.

And by the way Lori, I doubt you've raised two kids and are really a "total idiot" about money. I suspect you know more than you think.

Boost your own money smarts by winning my latest book, Count on Yourself: Take Charge of Your Money. Just tweet or email a question about financial literacy and include the hashtag #FinLitSummit. Or email questions to griffiths.alison@gmail.com. I'll be giving out five books after the summit.

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Boston Marathon bombing

Fan experience sure to change after explosions

CATHAL KELLY
Special to Metro

In one mad instant, someone has fundamentally changed the nature of sports fandom in North America.

There are greater immediate concerns — for those injured or killed on Monday afternoon at the finish line of the Boston Marathon.

But in the days to come the focus will turn to security and our naked vulnerability when we go to a game.

It doesn't matter who did this, whether it was enemies foreign or domestic.

From now on, the danger we've only approached tentatively since Sept. 11, 2001 — the understanding that North Americans make the most inviting targets when they are gathered in crowds at sporting events — is fully upon us.

This was about symbolism. They targeted one of the few American sporting events that receives worldwide coverage. It happened on Patriots' Day in a city that has a good claim as the birthplace of the nation. The blasts happened about four hours after the start — which is traditionally when the most competitors are crossing the line.

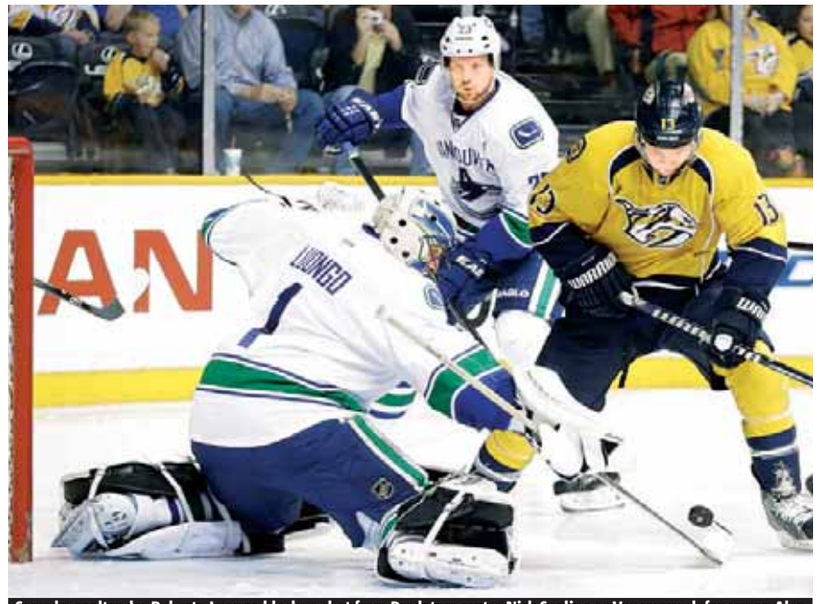
This will be a different sort of tipping point than 9/11. That was a warning — "They're out to get us." This is a reminder — "They still can."

GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY ON MONDAY'S ATTACK IN BOSTON

Canucks beat Preds despite uneven effort

NHL. Ryan Kesler scores twice and Roberto Luongo makes 36 saves in 5-2 road win over Nashville

CAM TUCKER
cam.tucker@metronews.ca



Canucks goaltender Roberto Luongo blocks a shot from Predators centre Nick Spaling as Vancouver defenceman Alex Edler trails the play during Monday's game in Nashville. The Canucks won 5-2. MARK HUMPHREY/THE ASSOCIATED PRESS

It counts as another win and two more points for the Vancouver Canucks, but hardly an ideal effort at times against the Nashville Predators.

The Canucks grabbed a two-goal lead before Monday's game was even five minutes old, promptly surrendered that lead in the second period, and then scored three unanswered goals to beat the Predators 5-2 at the Bridgestone Arena.

Of course, there were positives to take from the win.

Vancouver's power play scored twice on four opportunities, with defenceman Jason Garrison blasting home the winning goal on a late second-period man advantage.

Monday marked the first time since Feb. 17 that the Canucks have scored more than one power-play goal in a game.

Ryan Kesler scored twice, including once on the power play, and now has six points in four games since returning to the lineup after missing six weeks with a broken foot. He also seemed to form chemistry with Derek Roy.

Roy, who took a stick to the face in the second period but returned to the game, scored his first goal since coming to Vancouver the day before the trade deadline, and added an assist.

And Roberto Luongo, making his second start in the last three games, made 36 saves.

He was particularly good — and needed to be — in the second period, when the undermanned Predators, plagued by injuries, completely outworked the more skilled Canucks for large portions of time.

The Predators, losers of seven straight games, had 19 shots in the middle frame.

The Canucks maintained their five-point lead over the Minnesota Wild — winners Monday in Calgary — for the Northwest Division lead.

Prospect on the move

Corrado sent back to the Windy City

Vancouver Canucks prospect Frank Corrado is off to the Chicago Wolves of the American Hockey League.

The Canucks announced Monday morning that Corrado had been assigned to the Wolves, after his junior team, the Kitchener Rangers, was knocked out of the Ontario Hockey League playoffs on Friday.

Corrado, who just turned 20 years old last month and was taken in the fifth round, 150th overall, in the 2011 NHL entry draft, already has a small sample of AHL experience.

He joined the Wolves last year, playing in four regular-season games and registering one assist.

He also played in two playoff games.

METRO

Former Lion Cheng begins MMA journey

Ex-football player Paul Cheng shed close to 30 pounds in preparation for his MMA fight. THE CANADIAN PRESS

After being drafted by the B.C. Lions, Paul (Typhoon) Cheng remembers being on the field at B.C. Place and looking up high into the stands at the $10 seats he used to occupy as fan.

"Hard work does pay off," Cheng remembers thinking. "It (pro football) didn't last very long but it's a memory I'll always remember for the rest of my life."

Now the 34-year-old from Coquitlam is looking at another sporting journey. The former defensive tackle has signed a six-fight exclusive contract with the Asia-based One Fighting Championship.

Cheng (3-1) is a fledgling MMA fighter but he has great appeal to One FC. Raised in Taiwan — he came to Canada when he was nine — he speaks fluent Mandarin.

Plus he is a heavyweight, adding to a One FC weight class that currently consists of former UFC champions Andrei Arlovski and Tim (Maine-iac) Sylvia and jiu-jitsu star Rolles Gracie and former King of the Cage cruiserweight champion Tony Bonello.

Cheng, who expects to make his One FC debut this summer, recalls watching Arlovski and Sylvia fight for the UFC title back in 2006.

"There's a distinct possibility that I might be getting into the cage with one of those guys pretty soon," he said with wonder in his voice.

Coach Sal Ram says Cheng has the tools to impress.

"What makes him special is he's a gentle giant," said Ram, who runs Clinch MMA in Burnaby.

Going from football to MMA was a tougher transition than Cheng thought. In football, you hit high gear for 20 seconds then get a rest.

"MMA wasn't that way. I had to rebuild my whole training system," he said.

As a defensive lineman, the six-foot-three Cheng weighed 285 pounds. As an MMA fighter, he has slimmed down to 256 since taking up running.

THE CANADIAN PRESS

4 SPORTS

Ready and rested

Roller-coaster season. Host Blades will have 51-day break before tournament starts

EDWARD FRASER
For Metro

The Western Hockey League's Saskatoon Blades, who will host the Memorial Cup May 17-26, entered this season believing they had a team that would fit nicely among the champions from each of the Canadian Hockey League's three circuits — the Western, Ontario and Quebec leagues — that make up junior hockey's showcase event.

But a roller-coaster season, one that featured an 18-game winning streak from late January to early March, finished with the Blades upset in Round 1 of the WHL playoffs, swept by the Medicine Hat Tigers, a team that finished 19 points behind them in the regular season.

"I've been coaching for more than 20 years now and I've never been through a season like this," said coach/GM Lorne Molleken, who became the second coach to win 600 career WHL games this season.

As a result of the early exit, Saskatoon was saddled with a 51-day break before the start of the Memorial Cup, where it will attempt to become the ninth team to win the tournament as host since the format changed to include a fourth team in 1983.

The Blades don't have to look far for a blueprint. In last season's tournament, the Shawinigan Cataractes took home the title on home ice after losing in the second round of the Quebec Major Junior Hockey League playoffs, topping the heavily favoured Ontario Hockey League champion London Knights.

A "training camp atmosphere" will welcome the Blades back in mid-April following a break. Molleken's plan to prepare his troops includes bringing in pro players to practise to increase the level of competition, specifically on special teams.

"What's happened in the past is over, it's done with," Molleken said. "Our focus now shifts to the Memorial Cup."

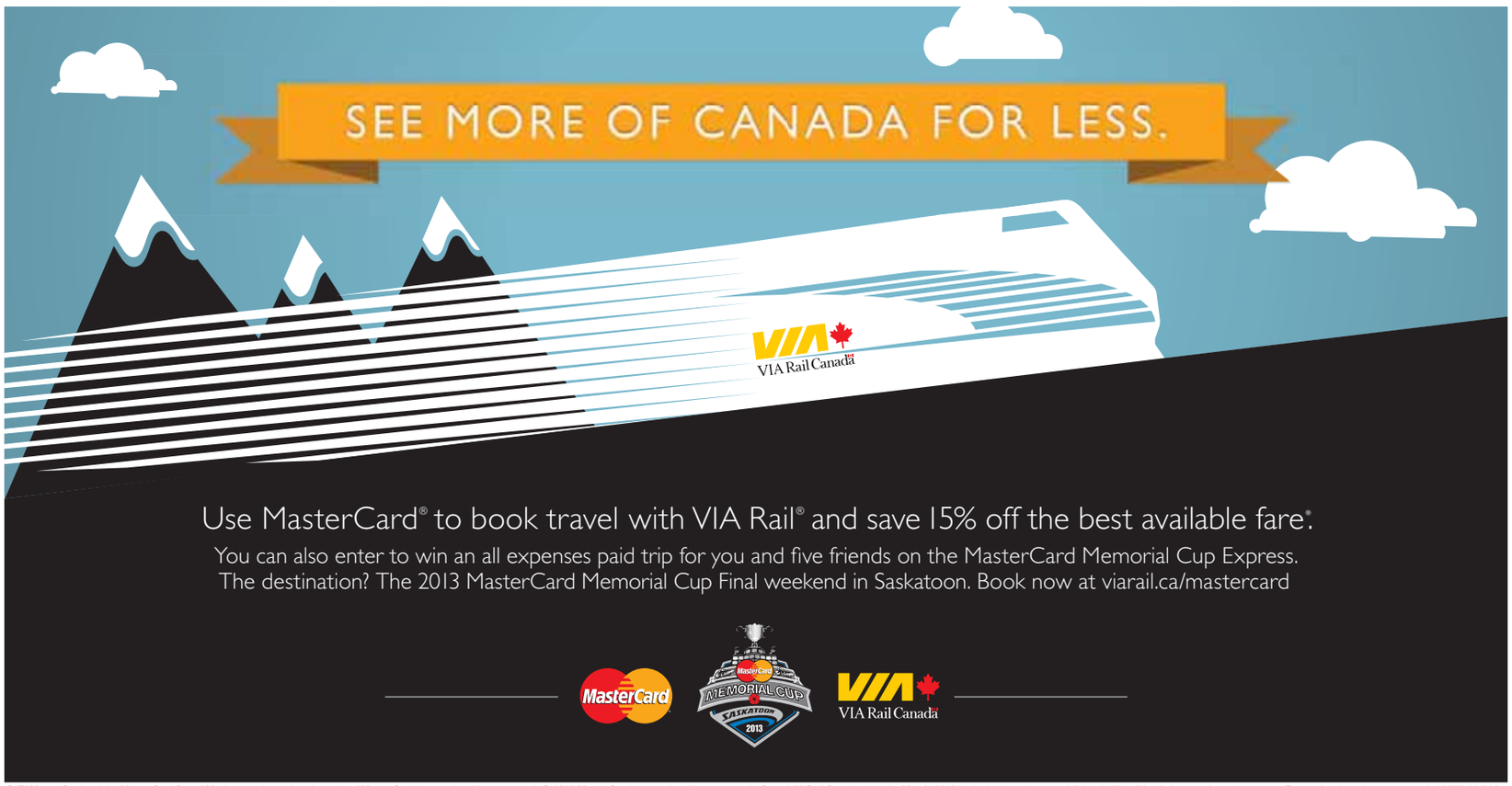
This will be the second time Saskatoon has hosted the event, which began in 1919. In 1989, the Blades lost in the final to Swift Current. Another Saskatoon team battled for the cup in 1936, when the Wesleys of the North Saskatchewan Junior League were beaten by the West Toronto Nationals in a best-of-three series.

Will the third time be a charm?

"When we're playing our best hockey I believe we can compete with anyone and have success," Molleken said.

"To win a championship would be unbelievable for our fans and for the city."

Veteran bench boss Lorne Molleken is tasked with getting the host Saskatoon Blades prepared for the Memorial Cup after a long break. STEVE HISCOCK/THE SASKATOON BLADES HOCKEY CLUB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Horoscopes

♈ Aries
March 21 - April 20
What looks confusing today will look simple tomorrow, so don't get frustrated that you don't seem to be making much progress. Everything is moving along at exactly the speed it needs to move, so relax.

♉ Taurus
April 21 - May 21
It would appear that you are torn between two extremes and unable to decide in which direction to move next. Why not just wait it out?

♊ Gemini
May 22 - June 21
There is a pattern to the events now taking place and if you keep your eyes and ears open today, you should be able to work out what it is. Once you've done that, you'll have a huge advantage over rivals.

♋ Cancer
June 22 - July 23
You may be hugely interested in what a friend is suggesting you do together but pretend you are not that into it. Let them persuade you it's a good idea. Play hard to get.

♌ Leo
July 24 - Aug. 23
You may not want to hurt someone's feelings by revealing damaging information, but you have no choice. If you don't clue them in, they will find out and blame you for keeping it from them.

♍ Virgo
Aug. 24 - Sept. 23
Some people enjoy being victims and one such person will pull out all the stops to make you feel bad for them. Be a Good Samaritan but give your help only where it is genuinely needed.

♎ Libra
Sept. 24 - Oct. 23
You may not want to admit that you made a mistake but it's for the best. Only when you have owned up to some sort of transgression will you get the chance to move on.

♏ Scorpio
Oct. 24 - Nov. 22
Ignore any differences of opinion you may have with a work colleague. It's quite easy to avoid issues that could start an argument. There are plenty of things you agree about.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have opinions about something but are advised not to shout them, at least not in the hearing of people who might take offence. Self-preservation is more important than having your say.

♑ Capricorn
Dec. 22 - Jan. 20
It seems you have made a stand on a point of principle and now there can be no backing out. This is one of those situations when you must go all the way. Others will rally to your cause too.

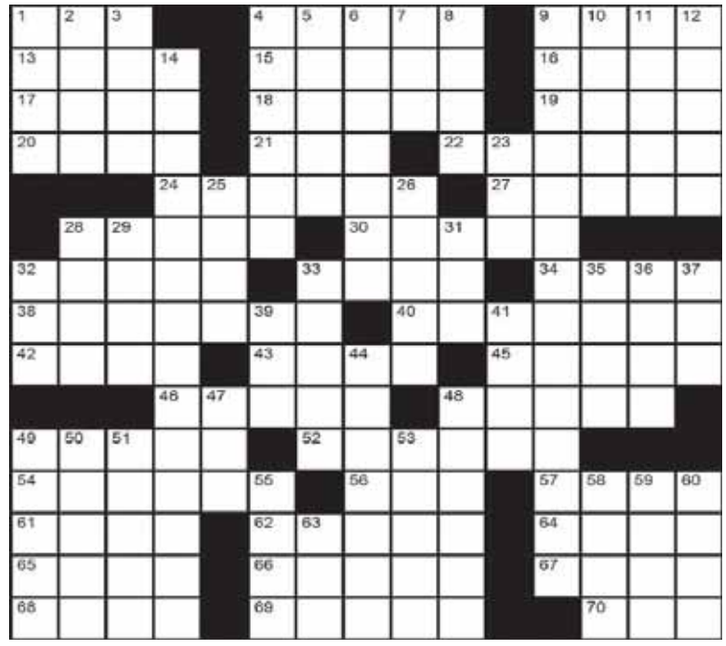
♒ Aquarius
Jan. 21 - Feb. 19
This is going to be a busy day for you, so don't waste time and energy on issues, or on people, that don't move you closer to your long-term goal. Work smarter, not harder.

♓ Pisces
Feb. 20 - March 20
Try not to make it too obvious what you are up to today. If you act a little bit reserved, others will see you in a more serious light. Whether or not that's justified is another matter. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

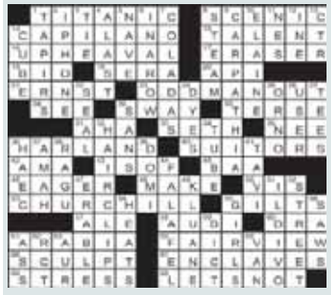
BY KELLY ANN BUCHANAN



Across
1. Mil. installation, as Petawawa or Trenton
4. TV classic, "Green __"
9. Grand event
13. 'Fed' finishers (Stylish hats)
15. Norse goddess of love
16. "_ __ can you..." (American anthem opener)
17. Advanced math course, for short
18. Acting jobs
19. Puerto __
20. __ and terminer
21. __-inspiring
22. Like many treasures
24. Sportswear company
27. Gives food to
28. X-__
30. Use profanities
32. Around, in dates
33. British funny character, Mr. __
34. Canadian country singer Mr. Brownlee
38. Married-to-each-other Canadian actor/comedians, Colin __ and...
40. ...Cont. from #38-Across, Debra __
42. "Let's leave __ __ that."
43. Movie snippet
45. Moves, molasses-style
46. Polls/surveys conductor, __ Reid
48. Models
49. "Melrose __"
52. Harbour structures
54. Give heed
56. River: Spanish
57. Auto race, __ 500
61. Singer/songwriter, India.__
62. Borders on
64. Filmmaker Ms. Ephron
65. __-covered, as unprotected iron
66. 'D' in SYTYCD
67. Chew
68. Use a ruler, for short
69. Ancient looped-crosses of Egypt
70. Carpentry tool

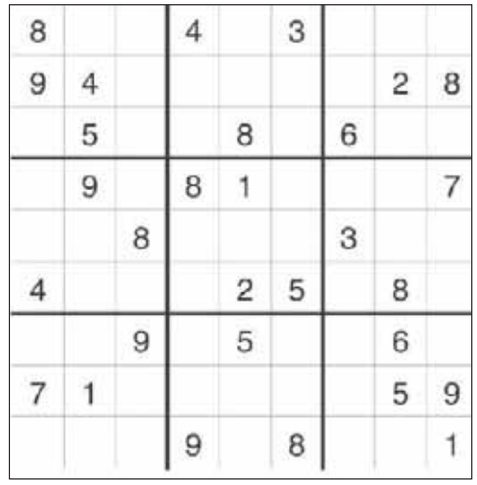
Down
1. Fashion icon Ms. Chanel
2. Skirmish
3. Hay bundle
4. Scared
5. Bunch of people
6. Let go
7. Third __ Blind (Rock band)
8. Belt alternative
9. Spanning the Detroit River, the Ambassador in Windsor is not just a bridge, it's also a what?: 2 wds.
10. Actor's line spoken to the audience
11. Like many running shoes
12. City in France [var. sp.]
14. Some lottery purchases: 2 wds.
23. "___ Tree Falls" by Bruce Cockburn
25. Letter's beginning word...
26. Wetland
28. Unruly disturbance
29. Medieval chest
31. Britannica, e.g.
32. Gladiator's 901
33. Under
35. Smog
36. 'Deterior' suffix (Becomes worse)
37. English novelist Mr. Lawrence, et al.
39. 'Electron' suffix
41. Blunder
44. "Honey, _ __ the Kids" (1989)
47. Baseball great, "__ Wee" Reese
48. Non-poetic writings
49. Shoppers Drug Mart, e.g.
50. John Candy "SCTV" character, Johnny __
51. "Big Brother Canada" host Ms. Cox
53. G's spelled-out follower
55. Zippo
58. Songstress Ms. Hendryx
59. Pencil a scene
60. Two-masted boat
63. Prohibit

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

2	3	1	9	7	8	4	6	5
8	7	4	3	5	6	9	1	2
6	9	5	4	1	2	7	3	8
9	4	8	1	6	3	2	5	7
7	6	3	5	2	4	1	8	9
5	1	2	7	8	9	3	4	6
3	2	9	8	4	5	6	7	1
1	8	6	2	3	7	5	9	4
4	5	7	6	9	1	8	2	3

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Conditions apply. Ex: Vancouver. All advertised prices include taxes & fees. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

VancouverGold

Canada's trusted neighbourhood gold buyers

SELL YOUR GOLD WITH PEACE OF MIND

1

Bring in your unwanted gold, silver and platinum.

2

Our friendly and professional staff will test your items right in front of you and involve you in every step.

3

Receive your instant on-the-spot payout!

HERE ARE A FEW WAYS WE TEST YOUR GOLD:

ACID SCRATCH TEST

The first step we use is an acid scratch test. This may be the only test that is used if the test goes well. We scratch the item on a smooth touch stone (similar to slate). This does not damage the piece in any way, but makes a fine mark on the stone.

SPECIFIC GRAVITY MACHINE

The second step that may be conducted is a measurement of your item's density. By weighing the item first on a normal scale, and then underwater, the density is calculated. Since gold is a very heavy metal, the density allows us to calculate the purity of your gold.

X-RAY FLUORESCENCE

We use a rapid and high performance XRF Analyzer to measure the Gold and Silver content of your item. The XRF technique also allows us to detect the presence of other precious metals.

LEARN THE FACTS AND PROTECT YOURSELF

When it comes to buying, selling, refining and recycling precious metals, VancouverGold is among the most trusted authorities in Canada, and the only Lower Mainland gold buyer to be accredited by the Better Business Bureau. We are leading the way by providing a trusted tradition of ethical practices, information and education as well as unparalleled service to each and every customer. We have made major investments to acquire state-of-the-art gold testing equipment to assure exact details of the items being tested. You will be involved in each step along the way.

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HOURS:
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SURREY
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